



## FITNESS CLASSES

The following group workout sessions are organised daily at the Fitness Centre and our team would be happy to welcome you at your convenience.

Private sessions and personal training are also available on request.

Mondays	Activities
09:00 – 09:45	Power Up
Tuesdays	Activities
09:00 – 09:45	Indoor Cycle
17:00 – 17:45	Core Conditioning
Wednesdays	Activities
10:00 – 10:45	Stretch
Thursdays	Activities
09:00 – 09:45	Beach Workout
17:00 – 17:45	Cardio Circuit
Fridays	Activities
10:00 – 10:45	Strength Circuit
Saturdays	Activities
09:00 – 09:45	HIIT – High Intensity Interval Training
17:00 – 17:45	Island Jog
Sundays	Activities
10:00 – 10:45	Cardio Boxing

All the activities scheduled above may vary according to the number of participants and weather conditions.  
Kindly meet at the Fitness Centre 10 minutes prior to the start of the sessions and we will accompany you to the venue.



## **FITNESS CLASS DESCRIPTIONS**

### **POWER UP**

Power up is complete body work out that alternates strength exercise with aerobic activities to give you two workouts in one. Expect the unexpected along with variety and tons of fun.

### **STRENGTH CIRCUIT**

Sculpt and tone the entire body with this high-intensity weight training, focused on controlled repetitive movements.

### **CARDIO BOXING**

One of the best forms of exercise combining strength, endurance and power, which provides a complete cardiovascular workout and increases stamina and core stability. Beach Boxing can also be organised upon request.

### **HIIT**

High-Intensity Interval Training is a training programme that involves bursts of high-intensity exercises followed by periods of rest. A super fast fat-burner session that increases the metabolic rate and induces an 'afterburn' – the body continues to burn calories until 36 hours post-exercise.

### **CORE CONDITIONING**

A non-aerobic strengthening session that focuses on core muscles, in particular abdominals and back. A variety of equipment can be solicited to enhance this complete workout.

### **CARDIO CIRCUIT**

Burn calories fast with this 45-minute sports-inspired cardio workout that combines athletic bodyweight movements with strength and core stabilising exercises.

### **ISLAND JOG**

Take a running tour around the island with our personal trainer, who will guide you at a pace suitable for your fitness level and your current mood.

### **STRETCH**

A flowing class performing a succession of dynamic as well as slower stretching movements.

### **INDOOR CYCLE**

With great music pumping and the group spinning as one, the instructor takes you on a journey of hill climbs, sprints and flat riding.

### **BEACH WORKOUT**

Beach workout is a fun full body workout in beautiful scenery. The ultimate outdoor workout designed to transform the body using cardiovascular drills and strength exercises.

## **PRIVATE SESSIONS**

Private sessions with Cheval Blanc Randheli Personal Trainer Roman Bochkarev are available upon request. These individual sessions can include Personal Training, Indoor Cycling, Outdoor Beach Workout and any other fitness related request.